

I have experienced back-aches and migraines for many years and have, over the years, tried various therapies. Although all of these were helpful, none quite felt like it did the trick. I was recommended my chiropractor by a work colleague and have now had two sessions. The first session lasted an hour and a half and was the most in depth initial 'history taking' session I have ever had. Expensive, yes, but well worth it! I really felt I was being listened to and that my Chiropractor wanted to know about my individual symptoms- I was not just 'put in a box' as 'another migraine sufferer'. The manipulation work has been brilliant- really 'hitting the spot'- and after both sessions I felt an immediate sense of freeness and an easing of the pain. When the 'trigger points' are worked on, I find I recognize the pain patterns from my migraines- sometimes in muscles I hadn't even noticed before! My chiropractor has also taken the time to give some really good advice about posture- which I am trying hard to remind myself about as often as possible!